

**Mail Coupon for Free  
Recipe Book**

Send the coupon today for our free recipe book—prepared by authorities on dietetics, housekeeping and cookery. Every recipe tested, proved and ready for your use. Tells of a hundred ways to prepare luscious raisin dishes.

Mail the coupon today.

## The Iron Food for Vitality



"—to start the day off right"

**ALWAYS** keep a box of raisins in the house. Use them to make any plain food tempting—for an economical dessert, a sauce for baked apples, or a flavor for ice cream. Raisins are delicious, healthful and economical—use them often.

Raisins are cheaper by 30% than formerly—see that you get plenty in your foods.

Sun-Maid Raisins are packed in a great, modern, glass-walled sanitary plant in sunny San Joaquin Valley—they're wholesome, sweet and clean.

## Six Delicious Ways To Serve Stewed Raisins

—the healthful morning dish for the whole family

**STEWED** raisins are a *luscious fruit* rich in *iron*—a most healthful regulator for entire families.

Try these ways to serve them. See which your folks like best:

1. Serve plain with cream.
2. Try them with oatmeal, simply mixing them with the cereal.
3. On Shredded Wheat Biscuit. Cover the biscuit with the raisins and serve with or without cream.
4. With Corn Flakes and Cream.
5. With Puffed Wheat or Rice.
6. With Cream of Wheat as with Oatmeal.

### Iron and Energy

Raisins are rich in food-iron—the *natural*, assimilable kind. You need but a small bit of iron daily—yet that need *is vital*. Raisin in the diet daily will help to *insure* it.

Food-iron makes red corpuscles and brings back color to pale cheeks—the bloom of youth to women and vigor to the men.

Then raisins furnish *rare* nutrition—1560 calories of energizing nutriment per pound. More of *this* type of nourishment than eggs, milk, meat or fish.

Raisins are mildly laxative also good for clear complexion and clear brain.

So no other breakfast dish is better than stewed raisins, if you want to serve foods that are both good and good *for* you.

Try them now—for ten days as a test. See the results. Your entire family will enjoy this luscious food. Our free book tells how to stew raisins.

**NEW!**  
—Little Sun-Maids  
"Between-Meal" Raisins

A new, little five-cent package, full of luscious, little seedless raisins, to eat between meals, down town or at home. Rich in digestible, energizing nutriment—fine for "three o'clock fatigue." A "natural, healthful candy" for the children.

Sold at all drug, candy, grocery and cigar stores—5c

**CUT THIS OUT AND SEND IT**

California Associated Raisin Co.  
Dept. 0000, Fresno, California

Please send me copy of your free book, "Sun-Maid Recipes."

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Street.....

City..... State.....

CALIFORNIA ASSOCIATED RAISIN CO.  
Membership 13,000 Growers  
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# SUN-MAID RAISINS